

CALIFORNIA DEPARTMENT OF AGING

PROGRAM NARRATIVE

PROGRAM NAME OLDER AMERICANS ACT TITLE III C-1 - CONGREGATE NUTRITION

Program/Element/Component:

10.10

DESCRIPTION

The Congregate Nutrition program provides nutritionally balanced meals, nutrition education, and nutrition risk screening to Californians 60 years and older and their spouses and encourages socialization and better health through disease prevention and health promotion programs. In addition nutrition counseling may be available in some planning and service areas. The program targets low-income minority elderly Californians. The program encourages the use of volunteers and gives all participants the opportunity to contribute to the cost of the meal. Meals meet nutritional standards by incorporating the Dietary Guidelines for Americans and providing a minimum of one-third of the Recommended Dietary Allowance (RDA).

The program is funded by the federal Older Americans Act, the State General Fund, participant donations, as well as local funds. Services are provided through a network of 33 Area Agencies on Aging and their contracted service providers.

BENEFITS

The program encourages socialization of seniors by providing nutritionally balanced meals, nutrition education, nutrition risk screening, and better health through disease prevention and health promotion programs in a group setting.

ELIGIBILITY

Individuals eligible for Congregate Nutrition services must be 60 years of age or older. Spouses of eligible participants, regardless of age, volunteers who provide needed services during meal serving hours, disabled persons who live with an eligible person who accompanies the participant to the meal site and disabled non seniors who live in senior housing facilities that provide meal services may also be eligible for

meals and other nutrition services. The Older Americans Act emphasizes serving individuals in greatest economic or social need, seniors living in rural areas, and seniors who are low-income minorities.

ACCESS

Information on the Congregate Meal program and how to qualify and receive services can be obtained by calling the statewide toll free line at **1-800-510-2020** or access the CDA website: www.aging.ca.gov

BACKGROUND

Authorized under Title III C-1 of the Older Americans Act (OAA) of 1965, as amended 2000, this program has the largest budget of all OAA programs.

In order to allow greater flexibility to meet local needs, the OAA allows for the transfer of federal funds up to 30% between Nutrition and Supportive Services (Title III-B) and up to 40% between the two Nutrition programs (Congregate Meals, Title III C-1 and Home-Delivered Meals, Title III C-2) in any single year.

The Nutrition Services Incentive Program (NSIP) is an allotment of funds provided by the Secretary of Agriculture to the AoA. The purpose of the funds is to provide incentives and to reward improved performance by states in the effective delivery of nutritious meals to older individuals. Funds received must be used to purchase food for use in the nutrition projects.